Unit Test 3 | Group B

VOCABULARY, GRAMMAR, USE OF ENGLISH

Name: _____ Class: ____

VOCABULARY

1 Complete the sentences with the missing word. The first letters are given.

0 She's had to ***overcome*** so many challenges to get where she is today.
1 She was in **s**_____ after the accident, but told us what happened.
2 He banged his head really hard and fell **u**_____.
3 Some people think that **p**_____ footballers – like Neymar – are paid too much money for what they do.
4 He had the best time in the race and **q**_____ for a place in the Olympic team.
5 He was wearing a seatbelt and luckily had just a couple of cuts and **b**_____.

___ / 5

2 Complete the text with the words and phrases from the box. There are two extra words.

bleeding	broken	dislocated	injuries	~~leisure centre~~
out of shape	painful	banged		

I've been trying to get fit recently. Sometimes I go to the [0] ***leisure centre***, but anything that gets me outdoors is good. When my cousin Nick asked me to join him to do ice-climbing, I agreed. Now, Nick runs, cycles, climbs – he is incredibly athletic. But I'm a little [1] _____ to be honest… He's also completely fearless, but I was absolutely terrified. I was worried about getting [2] _____ – I hurt myself playing rugby last year and didn't want to go to hospital again! When I was playing, I [3] _____ my shoulder. I needed an operation to fix it. Anyway, Nick was really patient and guided me to the top, but my hands were already [4] _____ from holding the rope too tightly. It was really [5] _____, but he knows some first-aid and sorted it out.

___ / 5

GRAMMAR

3 Complete the text with the correct form of the verbs in brackets. Use the Past Simple, Past Continuous, Past Perfect or *used to*.

I [0] ***decided*** (decide) to join a gym last summer. Why? Well, one morning, when I [1] _____ (run) for the bus, I [2] _____ (jump) on, red-faced, dropped my bag, and almost fainted. I was definitely not OK.
I [3] _____ (be) fit, but I'm not anymore. I went to a doctor. It seems that I [4] _____ (put) on too much weight. I'm slowly getting healthier again. I [5] _____ (eat) a lot of junk food, but I've stopped that now. So, it's more fresh stuff, more vegetables. It's a slow process, but I do feel well. Most of the time.

___ / 5

4 Choose the correct option to complete the sentences.

0 I didn't ***use to*** / *used to* / *wouldn't* like running when I was at school, but I do now.
1 At 9 p.m. I *didn't watch* / *wasn't watching* / *hadn't watched* the tennis match. I was still at school.
2 She didn't *use to* / *used to* / *wouldn't* enjoy playing football in primary, but she does now.
3 The road was closed because there *had been* / *would be* / *was being* a really bad accident.
4 Before I arrived at the exercise class, it *already started* / *had already started* / *was starting*.
5 We *used to go* / *would go* / *went* skiing in the Alps last winter.

___ / 5

USE OF ENGLISH

5 Complete the second sentence using the word in bold so that it means the same as the first one. Do not change the word in bold. Use no more than three words including the word in bold.

0 A car hit her on the road outside. **KNOCKED**
A car ***knocked her down*** on the road outside.
1 When I got there, the exercise class was nearly over. **TIME**
_____ I got there, the exercise class was nearly over.
2 When I arrived, the police weren't there. **ALREADY**
The police _____ when I arrived.
3 He stopped playing football when his leg broke. **HAD**
After he _____ his leg, he stopped playing football.
4 Someone burned down that woodland last night. **SET**
Someone _____ that woodland last night.
5 A long time ago I played football every day. **USED**
I _____ football every day.

___ / 5

6 Choose the correct option a–d to complete the text.

Earlier this year I [0] ___ determined to try a new sport or activity so I went along to my local leisure centre to see what classes they were offering. I [1] ___ to one of the instructors about the kind of things I liked, and she recommended doing a 'boxercise' class. It's a mix of boxing and fitness work. She said it was one of the best ways to get [2] ___ shape quickly. I couldn't wait until joined a class – it looked like fun! The instructor also said that I should think about I [3] ___ lifting weights in their state-of-the-art gym. The gym looked really impressive. They've got a whole load of rowing machines, a rock climbing [4] ___, and lots of other equipment. After I [5] ___ around, the gym staff gave me advice on the best food to eat when exercising.

0 **a** am **b** had **c** had been **d** ***was***
1 **a** had spoken **b** spoke **c** used to speak **d** was speaking
2 **a** at **b** into **c** onto **d** over
3 **a** carrying **b** holding **c** lifting **d** building
4 **a** court **b** ring **c** track **d** wall
5 **a** have looked **b** was looking **c** look **d** had looked

___ / 5

TOTAL ___ / 30

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LIVEWORKSHEETS

READING

4 Read the article. Match sentences A–G with gaps 1–5 in the text. There are two extra sentences.

Healthy body, healthy mind?

We all sometimes feel sad or depressed – life can be stressful and there are often lots of challenges with study, work and relationships. But did you realize that you have more power to change your mood than you think? Here are some suggestions on how to beat the blues!

Healthy snacks

It is well known that eating lots of fruit and vegetables is good for your physical health, but the latest research suggests that it might be good for mental health too. Scientists in Australia have found that the more fruit and vegetables you eat, the better you feel.[1] ___ In both studies, researchers measured people's sense of life satisfaction. The results suggest that one way to improve your mental health could be something as simple as having a salad with a meal every day. [2] ___ How you feel inside has a direct effect on mood and concentration. So a quick change in what you snack on is an easy way to start feeling better!

This sporting life

Sports and fitness activities are a great way to get in shape, build your muscles, and feel stronger. They are also very important in improving mood. Team games have a powerful impact on well-being, as they are social as well as physical activities. [3] ___ This is because you tend to work together towards shared goals. But don't worry, if you like being on your own when you do sports, you can still get that feel-good effect. How about climbing? People who climb on climbing walls use a lot of concentration – they have to decide where to put their hands and feet to be safe. Although this sounds mentally challenging, this detailed focus on a physical activity actually makes you relax! Studies show that training programmes where you pay attention to your movements can be as calming as yoga! Many people, however, prefer to be on the move. [4] ___ But you don't need an athletics track to train regularly. In fact, trail running on uneven ground such as hills or woodland has a big effect on how you feel mentally. There's a bit more challenge running somewhere where you might trip, sprain an ankle or wrist or even break a leg. [5] ___ This can help you forget other worries in life and clear your mind.

So remember, if you're concerned about your mood, think about following a healthier diet, or putting on some trainers. You might just start to feel a bit better.

A When you belong to a group and do sports together you often become more confident around others.

B Because of this, you have to focus on the route ahead, concentrating hard and looking at every risk.

C Running fast, and getting out of breath, will do you the world of good physically and the different chemicals and hormones released into your body improve your mood.

D This has been confirmed by UK research which involved more than 40,000 participants.

E It proves that taking part in team games helps improve your speed and strength.

F This is because fruit and vegetables contain many nutrients which are good for the bacteria living in your stomach.

G However, there is an increased risk of injury during this kind of activity which limits the benefits.

___ / 10

TOTAL ___ / 40

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LIVEWORKSHEETS

high note 3

Grammar Quiz | Group A

UNIT 3 LESSON 3A

Name: _____ Class: ____

1 Choose the correct option to complete the sentences.

0 A bird ***was singing*** / *had sung* when I woke up this morning.

1 When the ambulance arrived at the hospital, the bleeding *had already stopped* / *already stopped*.

2 When I arrived at the hospital reception, I realised I *didn't bring* / *hadn't brought* the necessary documents.

3 *When* / *Until* I arrived at the fitness centre, I couldn't train with my normal exercise machine. The previous user had broken it.

4 Were you doing aerobics *while* / *when* I rang you?

5 When I came home, my wife *was doing* / *did* yoga in the garden.

6 *After* / *Before* I had watched the health programme, I decided to change my diet.

7 I *wasn't finishing* / *hadn't finished* my muesli, when the waitress tried to take my bowl.

8 Yesterday at 5 p.m., when you called, I *wasn't playing* / *didn't play* football. I was at the shops.

___ / 8

2 Complete the text with the correct forms of the verbs in brackets. Use the Past Simple, Past Continuous or Past Perfect.

Last Saturday I [0] ***went*** (go) to a football match. Just before the match, I [1] _____ (meet) my friends at the stadium. One of my friends [2] _____ (buy) tickets for all of us, and he [3] _____ (give) them to us inside. While we [4] _____ (look) for our seats, I started to feel sick. Then I remembered I [5] _____ (eat) some fish at a restaurant about an hour before. Fortunately, I [6] _____ (feel) better after the match [7] _____ (start).

___ / 7

TOTAL ___ / 15

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LIVEWORKSHEETS

Grammar Quiz | Group B

UNIT 3 LESSON 3D

Name: _____ Class: ____

1 Choose all the correct options. Sometimes both answers are correct.

0 What ___ do in your free time when you were a child, grandma?
a ***did you*** **b** ***did you use to***

1 Where ___ before you moved here?
a would you live **b** did you live

2 I didn't ___ dance much when I was younger, but now I love it!
a use to **b** used to

3 My parents were healthy as children. They used to ___ fresh vegetables every day.
a eat **b** eating

4 When I was a boy, my dad ___ us to the seaside every summer.
a would take **b** used to take

5 I ___ my head once when I was horse-riding. I was only 8. Fortunately, It's okay now.
a used to injure **b** injured

6 **A:** ___ play football, grandpa?
B: Of course. But I don't play now.
a Would you **b** Did you use to

7 Delia ___ to school when the weather was good.
a would always walk **b** always walked

8 **A:** Did you use to have a pet when you were a little girl?
B: Yes, ___.
a I used **b** I did

___ / 8

2 Replace the underlined verbs in the text with *used to* wherever possible. If not possible, write –.

When I was young, we [0] lived ***used to live*** in the country. We [1] moved _____ to the city when my dad [2] changed _____ his job.
I [3] loved _____ the countryside because it was such a healthy lifestyle.
There [4] were _____ always animals around and we [5] had _____ fresh eggs every day.
I [6] took _____ long walks. It was great, except for the one time, when I [7] got _____lost!

___ / 7

TOTAL ___ / 15

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LIVEWORKSHEETS